

Personal Plan of Action

Background information:

Why are you measuring my waist and weighing me?

The body weight scales give us your baseline weight and percentage body fat. We measure your waist circumference as this is the most dangerous area to store fat as it is close to your important organs such as the heart, kidneys and liver. Moving more and eating more colours can help you lose weight around your middle section which is very good for your health.

My Measurements:

Weight (kg): _____ Body fat %: _____ Fat mass (kg): _____ Muscle mass (kg): _____
Waist Circumference (cm): _____ Visceral fat rating: _____

What does one serving of fruits and vegetables look like?

- One serving of fruit is 1 medium sized piece of fruit. E.g. an apple/orange/nectarine/pear/kiwifruit. A cupped handful of dried fruit, ½ cup of berries.
- A rough guide for one serving of vegetables is 1 carrot, ½ cup cooked vegetables, 2 open handfuls of raw leafy green vegetables (e.g. lettuce, rocket, spinach, kale), 1 medium sized capsicum, 1 large tomato, ½ cup cooked diced vegetables. Don't worry **too** much about the serving size as the more colours the better!

Why should I eat more colours and less beige?

We want to help you improve your health. You can do this by eating more fruits and vegetables which are rich in the vital nutrients your body needs to function properly. By adding more colours to your day you are giving your body a nutrient boost and over time this will reduce your risk of heart attacks, strokes and some cancers. Beige foods are often pre-packaged foods with added salt, sugar and fat. They can be very "moorish" and are often a problem if you are trying to lose weight. This is where the motto "more colours, less beige" comes in.

Work with your Doctor/Nurse to come up with a goal that you can go away and work on. This could be as simple as adding 1 piece of fruit into your day OR adding 1 more coloured vegetable to your dinner plate 5 nights a week. You can have one goal or more! Make sure that you are fairly confident that you can achieve the goal as we want you to succeed! Next time you see your Doctor/Nurse we will see how you are going:

Initial Visit (date):

My Goal(s): *These should be informed by the full assessment*

1. _____

2. _____

3. _____

My next appointment will be: _____

Visit 2 (date):

My Measurements:

Weight (kg): _____ body fat %: _____ Muscle mass (kg): _____ Waist Circumference (cm): _____

How have you been going with the goals you set last time? What is working well? Where do you need more support/help?

1. _____

2. _____

3. _____

Visit 3 (date):

My Measurements:

Weight (kg): _____ body fat %: _____ Muscle mass (kg): _____ Waist Circumference (cm): _____

How have you been going with the goals you set last time? What is working well? Where do you need more support/help?

1. _____

2. _____

3. _____

Visit 4 (date):

My Measurements:

Weight (kg): _____ body fat %: _____ Muscle mass (kg): _____ Waist Circumference (cm): _____

How have you been going with the goals you set last time? What is working well? Where do you need more support/help?

1. _____

2. _____

3. _____

Longer term follow up plan: _____

Blood test information

Why do I need to get a blood test? What do the results mean?

These blood tests tell us about your current health. We know that if you eat more fruits and vegetables and move more this will improve your blood results and your overall health.

Cholesterol:

Humans cannot live without cholesterol. It is found in every cell of your body. Most of the cholesterol in our bodies is actually produced by our own cells. The cholesterol we eat is small compared to the amount we make. Diets high in sugar, highly processed food and unhealthy fats can cause problems for your cholesterol levels. By eating more fruits, vegetables, whole foods and moving more your cholesterol levels will improve over time.

	<i>Ideal Levels</i>	<i>Test 1</i>	<i>Test 2</i>
HDL:	<i>above 1</i>	_____	_____
Triglycerides:	<i>below 1.7</i>	_____	_____
LDL:	<i>below 2.5</i>	_____	_____

More information from my Nurse/GP: _____

Inflammation:

Inflammation is part of your immune response and is your body's way of protecting itself from harm. Inflammation influences the health of your heart, how your injuries heal, whether or not you catch a cold as well as your overall health. When you injure yourself sometimes you can see the signs of inflammation (swelling, red, hot areas) but inflammation in our body can occur with no signs. The best way to look at your inflammation is through a blood test. Your diet and lifestyle plays a big role in this and over time they will improve by eating more fruits and vegetables. Sleep?

	<i>Ideal level</i>	<i>Test 1</i>	<i>Test 2</i>
ESR:	<i>Discuss with GP/Nurse</i>	_____	_____
Transferrin:	<i>Discuss with GP/Nurse</i>	_____	_____

More information from my Nurse/GP: _____

Liver:

Your liver is a very important organ; it has many jobs such as detoxifying the blood, storing vitamins and processing medications. These tests measure enzymes (proteins) in your blood which show us the general health of your liver. Usually these enzymes are stored in the liver but when the liver is injured for any reason these enzymes leak out into the bloodstream and can be measured.

	<i>Ideal level</i>	<i>Test 1</i>	<i>Test 2</i>
ALT:	<i>?</i>	_____	_____
AST:	<i>?</i>	_____	_____

More information from my Nurse/GP: _____

More **COLOURS** less beige

Eat **FOOD** not **LABELS**

Eat more **REAL FOOD**